



Baked Pears

Tender baked pears with warm blue cheese topped with Nutty No Grainer, thyme sprigs, and a drizzle of pure maple syrup

Ingredients

- 3 pears, fresh, medium (approx 2 lbs)
- 2 tbsp. maple syrup
- 2 tbsp. blue cheese
- 6 tbsp. Nutty No Grainer
- 6 thyme sprigs (1 sprig per pear = 1/4 tsp)
- Optional: dash of salt and white pepper each

Minutes to Prepare: 10

Minutes to Cook: 25

Number of Servings: 6

Serving Size: 1/2 Baked Pear

Direction

1. Preheat oven to 375° F
2. Wash pears and cut in half, length-wise.
3. Using a spoon or melon baller, scoop out the seeds and make a small center well in each half.
4. Cut a small sliver off the other side of the pear to allow them to lie flat in the dish.
5. Place pear halves, cut-side up in a baking dish. Drizzle each half with 1 tsp of maple syrup.
6. Place 1 tsp of blue cheese into each pear well. Top each pear with 1 tbsp of Nutty No Grainer.
7. Add a dash of salt and pepper (optional) and top each pear with 1 sprig of thyme.
8. Bake for 20-25 minutes until pear is tender. Do not overcook. Serve warm. Enjoy!

Garnish for cooked pear: 1/2 tsp. chopped crystallized ginger

Nutrition:

- Servings Per Recipe: 6
- Calories Per Serving: 122.8
- Total Fat: 6.3 g
- Cholesterol: 2.5 mg
- Sodium: 71.9 mg
- Total Carbs: 16.7 g
- Dietary Fiber: 3.2 g
- Protein: 1.7 g



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